

OTTAWA JEWISH BULLETIN & REVIEW

'78 Campaign Planning Begins

Shinder Named U.J.A. Chairman



Introduction to the Torah

Hillel Academy Grade Two students recently visited the Machzikei Hadas Synagogue as part of their introduction to the learning of Torah. Students Israel Tanenbaum, Alex Molot and Lydia Goldberg are shown here with Rabbi Yaacov Kaploun, Director of Education, and Rabbi Reuven Bulka, the Rabbi of the Synagogue, pointing out the way the letters are written in the Torah. The children also witnessed the correction of one of the letters in the Torah.

Gilbert Greenberg, President of the Jewish Community Council of Ottawa, has announced the appointment of Sol Shinder as General Chairman of the 1978 United Jewish Appeal Campaign.

Mr. Shinder, last year's Associate General Chairman, has been involved with campaigning for Israel and the local Jewish community for a dozen years and more. In his new post, he assumes over-all lay responsibility for the policy, planning and effective conduct of the 1978 campaign effort.

Well-known on both the local and national scenes, he is a prime example of the young, vigorous leadership which has emerged in communities throughout the country.

Upon his appointment, Mr. Shinder's first act was to address a meeting of female community leaders including presidents of local organizations and Women's Division cabinet members. He informed them that last year's campaign, which dramatically increased middle-base giving, was an unqualified success resulting in major increases over 1976 in many cases. "We must continue to build on this," he said, "and stop relying on the top donors to pull us through".

Mr. Shinder told his audience



Sol B. Shinder

that there are still several hundred local families who do not contribute to the United Jewish Appeal and that it is one of his main aims to bring them into the UJA fold.

In closing, he made the following statement: "This is the year of opportunity. It is the thirtieth anniversary of Israel's Independence — the year of opportunity for peace in the Middle East and the year of opportunity for us to meet the challenge of needs in Israel and here in Ottawa".

He went on to say that he is ready to speak to other organizations in the community and urges those who are interested in working on the '78 campaign to call him personally.

Further UJA cabinet appointments will be announced in succeeding issues of the Bulletin.

Minister Proposes Middle East Economic Community

JERUSALEM — Speaking recently to 300 U.S. and Canadian participants at the Prime Minister's Israel Bond conference at the Knesset Building, Israeli Finance Minister Simcha Erlich pointed out that steps such as creation of a Middle East Economic Community would "cement and underscore the common interest in peace." The Egyptian and Israeli economies are complementary, he added.



SIMCHA ERLICH
Finance Minister

He proposed the construction of a \$100-million rail line from the Israeli Mediterranean port at Ashdod to the Suez Canal at Qantara as a joint peaceful project with Egypt in the framework of a broad programme of regional economic co-operation. The Minister estimated completion of the rail line would take twenty months and would provide Egypt with the facilities to handle container ships, which are presently not able to use Egyptian seaports.

Mr. Erlich also informed the Jewish leaders that his Government was short of funds to undertake several projects to provide a base for private business initiative. As examples, he cited the transportation system, which

development during the next five years depend on what you and the Israel Bond Organization will do in that period," he declared.

Sam Rothberg, General Chairman of Israel Bonds, who presided at the session, announced that the total sale of Bonds would surpass the \$4-billion mark this year. "The 4 per cent Bonds sold to individuals have been and remain the most favourable credit terms available to Israel anywhere in the world," he said.

he said needs \$30-million a year in investments over the next five years.

Another pressing need is reducing the present four-year waiting period for new telephone subscribers. He said delays in installation could be cut to two years by 1983 with an investment of \$100 — \$150-million.

Mr. Erlich referred to the new Jerusalem-Tel Aviv highway, a section of which will be opened by the Bond conferees, as a typical project made possible by Israel Bonds. "Our plans for economic

Still Time For Trees

Special thanks from the National JNF office in Montreal have been sent to Sarah Swedler of the Pioneer Women's Organization who acted as the 1978 Ottawa Tu B'Shvat Telethon Chairman.

Although the committee tried to contact everyone, many were not at home. It would be appreciated if those who were missed would contact Mrs. Swedler at 731-3659 or the Jewish National Fund at 1-800-361-8459 (toll free). The cost of a tree is \$5.00.

Jaffa Oranges

The sale of Israeli oranges in Europe has been severely undermined by an act of sabotage, potentially damaging the Israeli economy. To counter the psychological damage in Europe, more oranges than usual will be shipped to North America.

The Israeli Trade Commission and the Citrus Marketing Board of Israel and Mr. Art Fisher of Fisher Brothers Incorporated, the importer of Jaffa oranges, reassured the Canadian Zionist Federation

that oranges coming to Canada will be shipped directly from Ashdod, Israel, to Halifax. Precautions are being taken in Israel and in Canada by the health authorities to ensure the quality of the oranges. The first shipments have reached Canada this week.

The Canadian Zionist Federation of Ottawa urges Ottavians to lend their support at this time of crisis first by asking their grocers for Jaffa oranges and second, by purchasing them.

Calendar Quirks

Don't be confused when looking for Purim on the calendar this year. There are two Purims, but only one counts.

March 23 is the date to put on the masks and make merry. The "real" Purim in this leap year of 5738 occurs in the month of Adar Sheni, which is a special thirteenth month which has been intercalated into the Jewish calendar to harmonize it with the solar year, in the same way the secular Gregorian calendar inserts one extra day every four years.

The other Purim, Purim Katan, is this coming Tuesday, February 21, in the month of Adar Rishon. There is no celebration in the synagogue on Purim Katan.

An interesting note: in the sixteenth century, the prevailing solar-based calendar was responsible for the loss to history of 10 days. In 1582 Pope Gregory XIII sent the world to bed on March 11 and woke it up the next morning on March 21, so as to place spring more exactly, at the vernal equinox. England and her colonies did not remove their accumulated surplus time till the eighteenth century.

On the other hand, the lunisolar Jewish calendar has kept the Jewish holidays in the same season each year for 2000 years. The Moslem calendar, by contrast, does not have a leap year system at all. However, the Jewish calendar does lose a little less than half a day every 100 years.

Vaad Report

by Gilbert Greenberg

President, Ottawa Vaad Ha'Ir
(Jewish Community Council)



Study on Aging Being Discussed

During the course of the Social Services Needs Study conducted in the spring of 1976, a lack of adequate non-institutional services for the elderly was identified as one of two communal priorities requiring early action. This led to the establishment of a pilot program in September of 1977, staffed by a half-time co-ordinator. During the intervening four months, she and her lay committee have started a friendly visiting program; have recruited and trained volunteers to work in a number of supportive roles; and have begun to discuss the need for nutrition programs for shut-ins and others who require at least one hot meal a day. They have also established contact with other agencies in the general community whose concern is the aging population of the city.

Alongside these developments has come a request from Hillel Lodge that the Jewish Social Services Council undertake a study to determine the extent to which heavier nursing care facilities will be required in the community in the next ten or twenty years. As Jacqui Holzman and her group began to think about the problem, they realized that if questions were going to be asked, they should be broad enough to give planners as much information about the Jewish elderly in our community as it is possible to obtain from such surveys.

To make sure they were on the right track, they invited Sophie Engel, the Consultant on Aging for the Council of Jewish Federations with which we are affiliated, to come to Ottawa for a two-day consultation. During her visit on January 25 and 26, she met with the Jewish Social Services Council, Services for Jewish Elderly, the Jewish Information and Referral Service, some of the members who will be involved in the study process, and staff. She also addressed a meeting of the Board of Trustees of the Vaad and attended a meeting of the Board of Directors of Hillel Lodge. Mrs. Engel and her associates in New York will be used as consultants throughout the study process. Mrs. Holzman and her committee are preparing recommendations which will have to be approved by the Board.

Jewish Community Centre

In order to keep the Board of Trustees of the Vaad informed about what is happening in the agencies funded by our United Jewish Appeal Campaign, we ask two of them to give us progress reports at each of our meetings. On January 25, we heard from the Jewish Community Centre and the Jewish Students Union.

Irving Rivers, the President, and Jerry Melman, the Executive Director of the Centre, talked about their goals and priorities.

These are some of the highlights of their report:

1. Membership has more than doubled from the previous year to 360 units comprising 900 individuals. The 1978-79 membership drive will be held in May and June.
2. New program ideas have been developed including a successful Sports Camp. A working relationship has been established with B.B.Y.O. and they now meet regularly at the Centre. The Teen Council is being revitalized. The Pre-School program has a waiting list. Enrolment is up in physical education. There is a Weight Control Class and a Ladies' Fitness Class. The Noon-Hour Fitness Class is popular and well-attended.
3. "Here is Israel" and "Chassidic Folk Festival" have been well-received. There are classes in Yoga, Belly Dancing, Bridge, Choir, Drama, Hebrew and Adult Jewish Studies. Yiddish and French are also taught.
4. There is an active Single Parents' Group, a Golden Age Group and others. A successful Jewish Book Fair was held and an Israeli Desk staffed by our Israeli Shaliach has been set up for aliyah and teen travel purposes.
5. The kitchen has been completely renovated and is being paid for out of Bingo revenues.

The Centre is an important part of our communal life. Aside from its recreational and informal educational responsibilities, it houses many of the services which a Jewish community needs, including the Vaad, United Jewish Appeal, Jewish Information and Referral Service, Services for Jewish Elderly, Hebrew Free Loan Association, Hebrew Benevolent Society, Central Hillel Academy and so on. It is the central address and visible expression of our organized communal activities. Everyone uses the Centre at one time or another and everyone should help support it. Viewed in that light, we may have to take another look at the way in which it is financed and the proportionate share which is chargeable to its specific operations on the one hand and those we would have to classify as general usage, on the other.

Messrs. Rivers and Melman feel they have come a long way in programming, staff development and administration. But they also point out that there are many problems which still have to be faced, not the least of which is the servicing and retirement of an accumulated deficit. Maintenance and upkeep of the building is costly and occupies too large a portion of the Centre's operating budget. Program and meeting space is at a premium. Some people complain about parking, others about distance. Nevertheless, we were left with the clear impression that a young and vigorous board is grappling with these issues and that slowly but surely solutions will be found.

Jewish Students Union

Norma Rothman, the Co-ordinator of the Jewish Students Union, told us that about 200 university students are formally affiliated with the Union although others do take part in the various program offerings from time to time. They now have three to four gatherings a month for socials,

U.J.A. Women's Division Holds Successful Educational Day

Twenty leaders of local organizations took part in the February 1 Heritage Day Bus Tour, arranged by the 1978 Women's Division Cabinet. Beginning at 9:30 a.m. in the J.C.C. Board Room, the women were welcomed by First Vice Chairman Lisa Cogan who then turned proceedings over to Sara Vered, chairman of the day. Mrs. Vered, who had just returned from Israel, gave the group fresh insights into the problems of Israel's social gap, citing several incidents of violence within the country's underprivileged youth and calling for deeper commitment to help overcome this grave situation.

She was followed by special guest speaker Sol Shinder (see story on page one.) Other speakers on the morning's programme included Hy Hochberg, Executive Vice President of Vaad-UJA; Jerome Melman, Executive Director of the Jewish Community Centre and Ottawa Talmud Torah Board Principal, Rabbi Yaacov Kaploun. Each of them gave detailed information on the workings and problems of their agencies and a spirited question period followed.

At 11:30, the group went by chartered bus to Carleton University. There, after a lunch prepared by Women's Division members, they were briefed on the current Middle East situation by Dr. Norman Rose of the Hebrew University of Jerusalem who is spending a sabbatical year at Carleton as a visiting professor in the Department of History.

Also featured were Professor Eugene Rothman, who spoke on Carleton's Jewish Studies programme, and Norma Rothman, with a report on the Jewish Students' Union. As in the morning, question and answer periods followed each speaker.

The bus took off again at 1:30, arrived at the Hillel Home For The Aged where Executive Director Yale Greenberg addressed the group on the special problems involved in dealing with the aging, both infirm and healthy.

He stressed the vital importance of outside contact: "We need volunteers to visit", he said, "even for half an hour at tea time". Greenberg informed the women that the Home has an excellent meeting room and suggested that organizations consider using it for one of their regular meetings



Rabbi Yaakov Kaploun, Director of Education, Ottawa Talmud Torah Board, addresses the ladies while chairman Sarah Vered looks on.

before or after visiting the residents.

After a tour of the premises, the group was served tea as guests of Hillel Lodge following which Sara Vered called on Women's Committee Chairman Simone Goldberg to address the gathering.

Speaking on the learning experience of the day, Goldberg said that the organizations could well be proud of the many and varied programmes implemented in recent years. She warned, however, that with each new growth come new problems and the organizations must be prepared to tackle them with constant effort.

Pointing out the similarities of Jewish communities everywhere, she told the women's leaders that she would soon be leaving on a National U.J.A. Mission to Eastern Europe and Israel where they would be studying the same kinds of institutions that the group had visited during the Heritage Day tour. She closed her speech with the following statement:

"All of us here have the privilege of helping our fellow Jews and we exercise this privilege in many ways. Our organizations are like the spokes of a wheel and every spoke must be kept strong: but the spokes of that wheel meet at the hub — and the hub is UJA. I ask you to remember this at Campaign time and to support UJA to the best of your ability — both by your individual pledges and with the

treasury gifts that each organization is asked to contribute. Please take this message, plus the knowledge gained from today's programme, back to your memberships".

During the evaluation session which followed, each member of the group gave her impressions of the day. All found it of great value and were unanimous in agreeing that the programme should be repeated.

Construction Symposium

The Technion-Israel Institute of Technology has announced the Second International Symposium on Construction Organization and Management in Haifa from October 31-November 2, 1978.

The program will cover Organizational Forms, Management Methods in Construction, Management of the Firm, Management of Design, Management of the Project, Industrial Building and Education and Training in Construction. Professor S. Peer of the Faculty of Civil Engineering at Technion is in charge.

Any engineer, builder or contractor is invited to attend. Further information can be obtained from Hy Hochberg at 232-7306.

Mail Box

To the President,
Ottawa Vaad Ha'Ir

Dear Mr. Greenberg:

I was very pleased to receive your kind letter dealing with my appointment as Q.C.

It is very nice to be remembered as an Ottawa particularly when growing up and being educated in Ottawa has meant so much to me. I always enjoy and look forward to returning to relatives and old friends in Ottawa and their constant reminder to me that Ottawa is still very much home.

I would be very grateful if you could find some way to express my gratitude for this kindness to the members of the community.

Yours sincerely,
Sonny Sadinsky.

lectures on a variety of topics, faculty-student get-togethers, film shows, folk music evenings and holiday celebrations.

The latest addition to the activity schedule is the Israeli Drop-In Centre held every two weeks at the Histadrut Centre, in co-operation with Hillel Brustin, the Dror-Habonim Shaliach. Programs are Israeli-oriented and revolve around group discussions, films, singing, and dancing and refreshments. Attendance ranges between 30 and 50 each night.

Mrs. Rothman went on to tell us that as a result of a survey conducted recently to try and define student interests, the Union is planning three major projects. The first is an Information Service on Campus which would distribute literature dealing with Israel, Jewish topics and communal activities. The second is a Volunteer Service to help the elderly in conjunction with Services for the Jewish Elderly. And finally, a Student-United Jewish Appeal Campaign, modelled after the successful experience of the University of Toronto and other campuses.

The Jewish Students Union has a monthly newsletter. It advertises in the Carleton campus paper and it has arranged for the Ottawa Jewish Bulletin and Review to be sent to the entire membership.

Mrs. Rothman is reasonably satisfied with the progress which the Jewish Students Union has made this year although she would like to see more of the unaffiliated become involved. I know just what she means. I have met several students from out-of-town recently who seem to be unaware of what we are doing. I do not know whether this is their fault or ours, but I do know that we are both the losers.

We recognize the necessity of keeping university students involved in Jewish activities and that we have to find more avenues to bring this about.



One Rabbi's Response by Rabbi Roy D. Tanenbaum

Question: Pictures of Elvis Presley show a Hebrew Chai around his neck. Also his mother's memorial marker has a Star of David on it. Aren't these Jewish Symbols?

Response: So-called Hebrew Christians have taken to displaying Jewish symbols; and they use them to entrap the unwary. Therefore, your question has an important edge to it. Elvis Presley, however, was to my knowledge not of this group. In this case there is a mundane and less sinister explanation.

The Hebrew Chai has no religious significance. It means "life" and has become, in some circles, a general talisman which is considered avant garde to sport around the neck like other symbols for peace, love and life.

The Magen David is a common motif found in many ancient cultures including the early Church. It is not mentioned in rabbinic literature and seems only to have become associated as a Jewish symbol through the Kabbalah during the 17th century, although the exact period of its adoption is a matter of dispute. As the "Shield of David" it symbolizes G-d as protector. As a general motif, it is primarily decorative.

Signed questions to be answered in this column may be addressed to "Response", Ottawa Jewish Bulletin and Review, 151 Chapel Street. Rabbi Tanenbaum is a Conservative Rabbi at Agudath Israel Synagogue in Ottawa.

DIZENGOFF SQUARE DISCO-CAFE

OPENS

SATURDAY NIGHT, FEBRUARY 18
9:00 p.m.

Assembly Hall, Jewish Community Centre
Featuring

Well-known Israeli Performer and Entertainer
MOSHIKO

Price: \$3.00 — \$2.00 Students (with Student Card)
Includes ISRAELI FOOD and COFFEE
Sponsored by J.C.C. and J.S.U.

Soviet Jewry News

Gregory Goldstein, a long time refusenik, was arrested on January 17, 1978. The date of trial is unknown.

Ottawa's initial reaction was a demonstration in front of the Russian Embassy by local Goldsteins on January 29.

Geraldine and Sidney Goldstein spearheaded the action on behalf of the local Soviet Jewry Committee.

Canadians Send Cable

On January 28 and 29, a Canadian Jewish Leadership Conference was held in Toronto under the joint auspices of the Canadian Zionist Federation, B'nai B'rith and Canadian Jewish Congress.

Four main speakers presented different aspects of the background to the Israeli-Arab conflict and discussed the prospects for peace in the Middle East. They were Barney Danson, Minister of National Defense; Mordechai Shalev, Ambassador of Israel to Canada; Irwin Cotler, Professor of International Law at McGill University and Professor Yuval Neeman, former president of Tel Aviv University.

The assembly concluded with the despatch of a cable expressing greetings to Prime Minister Menachem Begin, the government and the people of Israel, and assurances of the full support of the untiring efforts of the Israeli government to achieve a true, just and lasting peace with its neighbors. The cable also expressed admiration for the steadfastness and determination in which this goal is being pursued and reaffirmed the solidarity of Canadian Jewry with Israel and with its commitments to the strengthening and continuance of peace efforts.

Growth Rate Declining

At the end of last year, the population of Israel rose to 3,650,000, according to the Central Bureau of Statistics in Jerusalem. Of these, 574,000 are non Jews.

The rate of growth among the Jewish population has decreased, from 2.1 per cent in 1976 to 1.8 per cent in 1977. Non-Jewish people have increased their numbers by 3.5 per cent, as opposed to 3.9 per cent in 1976.

52,000 of the new Israelis are sabras. The number of immigrants was 4000. Approximately 17,000 emigrated from the country permanently.

Library Notebook

The first Jewish public library was created by Nehemiah, who led in the rebuilding of Jerusalem after the Babylonian exile. The Second Book of Maccabees says he "founded a library, and gathered together the letters of the kings and prophets".

Here following is a selection from the J.C.C. Library.

Mimekor Visroel: Classical Jewish folktales. Collected by Micha Jowph Bin Gorion. 3 vols.

The popular literature that evolved in Jewish societies over a period of a thousand years is the source for this rich treasury of over 1000 Jewish folk tales.

As a child, Bin Gorion heard his mother telling stories which had come down to the Jewish people from ancient sources; as a student of the Talmud, he encountered the whole range of the Aggadah. As the son of a Hasidic rabbi, he was familiar with the countless parables and miracle stories which Hasidim told about their saintly wonder-rabbis.

In an appealing and lively narrative form, the stories set models of behavior, reinforce the cultural values of Jewish society and set forth religious precepts.

Satirist Awarded

Israeli writer Ephraim Kishon has received West Germany's most distinguished award for humour.

The Aachen "Carnival Society Against Deadly Seriousness" bestows the honour yearly on a prominent politician or other public figure who has demonstrated that he can let down his hair and take life with a smile.

Kishon received the award at the society's meeting on January 28. The Israeli satirist, stage and radio author is one of the most popular writers in West Germany, where his books have been put out in more than ten million copies.

His plays feature ludicrous realities of day to day Israeli life.

Reprinted with permission of Jerusalem Post

WELCOME
to our
Apartments at

**ALTA
VISTA**

We also have
— Playgrounds
— Open Green Spaces
— Unlimited Parking
and many other
amenities for good
clean living

1-2 bedrooms
from \$225 per month

733-9119
from 9 a.m. to 8 p.m.
at
1545 Alta Vista Dr.

ISRAELI FOLK DANCE WORKSHOP with MOSHIKO

Famed Choreographer, Performer, Composer
Moshiko has danced for many years as a principal dancer with INBAL, the Yemenite Dance Theatre of Israel. He has created many Israeli folk dances which are done by dancers throughout the world.

Saturday, February 18, 7:00 - 9:00 p.m.

Sunday, February 19, 10:30 a.m. - 12:00; 2:30 p.m. - 4:30

JCC Gymnasium (Saturday's Session)

JCC Auditorium (Sunday's Sessions)

ADMISSION — \$3.00 per Session

Data Bank For 'Marginal' Youth

The Israeli Ministry of Education and Culture is working on plans to set up a computerized data bank with information on all children in the country between the ages of 11 and 18 who neither attend school nor are gainfully employed, Minister Zevulun Hammer told the Knesset recently.

Mordechai Elgrabli, member of the Democratic Movement for Change, who brought the problem to the attention of the Knesset last July, said there were about 15,000 such youngsters, representing a decrease of 1,000 a year since 1972, when the last survey was made. They were concentrated mainly in the poor neighbourhoods of the big cities and in Lod and Ramle — where one out of every two youngsters was in this category. Most of the youngsters involved were from families of North African and Asian origin.

Greater emphasis, Elgrabli said, should be put on preventive measures, taken when the prospective "marginal" youngsters were in first grade. He noted that a crucial part of the problem was the large number of children getting past first grade without knowing how to read.



Lest We Forget...

OTTAWA JEWISH COMMUNITY HOLOCAUST MEMORIAL PROJECT
151 CHAPEL STREET, OTTAWA, ONTARIO K1N 7Y2

SUBSCRIPTION FORM

I/we wish to participate in the establishment of a Holocaust Memorial in tribute to the Six Million Martyrs.

My/our contribution is \$..... per year for one year; for two years;

For a total of \$

Instalment enclosed \$

Balance \$

Date

Signature

Address

Print full name

Please make cheques payable to "Ottawa Jewish Community Endowment & Bequest Foundation" and mark "Holocaust Memorial Project" in corner. Tax receipts will be provided.

Clip and Mail

Peace, Settlements and Territories

by Hillel Brustin, Israeli Shaliach, J.C.C.

Sadat's visit to Jerusalem has brought about an emotional upheaval among Jews in both Israel and the Diaspora.

One cause of this sentiment is the tremendous longing for peace in Israel by Israelis and Jews the world over. They are tired of the continuing war in the Middle East and the economic threats and other repercussions of the conflict.

The second cause of this feeling is the responsibility that Israel has in outlining its peace terms, and the question of whether the price of peace will eventually lead to Israel's destruction.

Sadat succeeded in presenting his visit to Israel as a personal risk and a significant step toward peace by itself — a first concession, more of which will be required by both sides along the road to peace. He demanded as an "equal" concession that Israel return to pre-1967 borders, return Jerusalem and recognize the rights of the Palestinians (a right that only they can define). To justify Israel's return to indefensible borders, he offered his personal guarantee.

SETTLEMENTS FOR PROTECTION

Israel has the historical view that its borders will be determined by land worked by farmers and settled by civilians.

Great care has always been taken in the selection of the location of each settlement in order not to infringe upon lands being used or populated by the Arabs. The settlements were always located in areas void of Arabs.

The events leading to the establishment of this policy of settlement for protection go back to the years 1920-1921 when the Arab riots were instigated by the French on small Jewish settlements in the Upper Galilee, such as Tel-Chai. At that time the Sykes - Picot Agreement, which was signed by the French and English Foreign Ministers in 1915, was supposed to be in effect.

However, the French and English fought over the Northern region of Palestine.

Joseph Trumpeldor and his men defended Tel-Chai valiantly. In spite of heavy losses, control was maintained and, because of their efforts, the Upper Galilee remained under Jewish control.

In 1948, the Arabs managed to conquer several Jewish settlements during the War of Independence. However, we always returned to them. Note the terminology used, returned, rather than reconquered.

At the end of the Six-Day War, the children of the original settlers returned to Gush Etzion, which is between Jerusalem and Hebron. There was also a return to Atarot which is north of Jerusalem and to the Old City, areas which had been abandoned in 1948. The other new settlements established after 1967 in the Golan, along the Jordan River, in the South-West part of the

Gaza Strip, and in the Northern Sinai, were all set up for protection, to preserve the Jewish state.

None of the innumerable guarantees and promises of security for Israel by the various world organizations ever stood up in the face of a crisis. They all collapsed at the crucial hour.

Most Israelis believe that we can rely only on ourselves to guarantee any agreement reached with our Arab neighbours. To do this, our military forces, and along with them civilian settlements, must be strategically placed.

NO RETURN

Sadat's demand that the Israelis abandon their Sinai settlements is only a first attempt to pressure Israel into withdrawal from territories. If Israel acquiesces, there will be further pressure to withdraw from other territories including pre-1967 regions.

From The Israeli Desk



However, to this day, no Israeli government has sanctioned return of settlements to the Arabs. My own idea is that the present Israeli government will not receive a mandate from the people to withdraw from any settlements. In order to preserve those borders necessary for Israel's physical survival, I feel that the people will insist that everything possible must be done to strengthen the civilian settlements along the border.

Only when Israel's borders are guaranteed can there be real relations between the countries of conflict.



Jewish Community Centre Spotlights

The Word

by Bernie Farber, Youth Services

The return of Stagger Inn on January 28 was by all reports a resounding success. "Grand Illusion" helped us dance the first few hours to disco, folk and rock sounds.

At 11:00 p.m. the Stagger Inn reopened its doors with Elliot Kimmel doing a surprise guest performance. Elliot's guitar riffs and lyrical ability were as fine as, if not better than, any young folk singer in the Ottawa area. But the important concept here was that Elliot sang about the Ottawa Jewish Teen community. We were all able to identify with such songs as "The Jewish Community Centre Dance", etc.

Over one hundred teens and friends were sardined into the Stagger Inn Coffee House. The music continued well into the early



Elliot Kimmel to sing at Stagger Inn, Feb. 18.

Junior Floor Hockey				
	G	A	Total Pts.	
1 Lawrence Moskovic	52	36	88	
2 Evan Kimmel	76	9	85	
3 David Ross	32	32	64	
4 Lorne Pollock	43	19	62	
5 Jeff Shinder	39	17	56	
6 Gary Foldfield	47	6	53	
7 Andy Richter	33	15	48	
8 Ron Calof	27	19	46	
9 Benji Broitman	20	17	37	
10 Adam Kardish	11	14	25	

STANDINGS				
	G	W	L	GF GA Pts.
1 Evan Kimmel's team	10	7	3	106 103 14
2 Lorne Pollock's team	11	6	5	110 112 12
3 Jeff Shinder's team	11	5	6	114 110 10
4 Lawrence Moskovic's team	10	3	7	114 120 6

Goals Against Average			Goals Per Game	Goals Per Period
1 Jeff Shinder's team	10		3.33	
2 Lorne Pollock's team	10.18		3.39	
3 Evan Kimmel's team	10.30		3.43	
4 Lawrence Moskovic's team	12		4	

hours of the morning. The Word is... let's keep this going.

The next Stagger Inn for teens will be held tomorrow night, Saturday, February 18, at 8:30 p.m. Featured will be recording artist Steven Kennedy and, by popular demand, Elliot Kimmel.

Between performances a Round Robin Backgammon tournament will be held, prizes going to the top three winners. Hope to see you.

HOCKEY GAMES

Feb. 18
10:30 a.m. Mean Machine vs. Hawks
11:30 a.m. Demons vs. Panthers
Feb. 25
10:30 a.m. Demons vs. Mean Machine
11:30 a.m. Panthers vs. Hawks



BBYO Shofar News

by Carole Silver, 729-7923

A modelling course, followed by a fashion show is presently being planned by B'Sher'tBBG. They are also going to Hillel Lodge to play bingo with the residents.

Yonim planned the Oneg Shabbat program for the Beaufort Ball weekend in Toronto February 10 — 12. They are also working on a fundraising program, a ghost tea.

AZA news

Our newest chapter Knesset AZA has expanded its membership and has had two successful programs, a ski-a-thon to raise money for the Israel Survival Fund and a social to increase membership. Congratulations to Gary Greenberg, President, for his enthusiasm in getting this chapter active.

Palmach, who will have a

basketball rematch with Parliament Lodge of B'nai B'rith, is also planning a Casino evening and dance to be held at the Jewish Community Centre on Saturday, February 25th at 8:00 p.m.

While watching the game on February 2, Carole Silver composed the following poem.

The Game

T'was last Thursday eve,
At the J.C.C.
That Palmach AZA
Led the men in the play
For baskets more than one
They had jumped and run
The boys are winning
With Parliament Lodge spinning
T'is for sure a rematch the men
Will call
Palmach, can you bring the ball?



Disco, Folk and Rock at Stagger Inn Coffee House



Congregation Machzikei Hadas

presents an

NCSY SHABBATON for TEENS

Friday, March 3 thru
Sunday, March 5, 1978

AT THE SHUL

2310 VIRGINIA DRIVE

Application forms for the Shabbaton may be obtained thru Jack or Jonah (523-6388) or the shul (521-9700).

Golden Age Corner



Members of the JCC West End Fitness Class relax between exercises. From left: Frances Shaffer, Evelyn Snatch, Malca Polowin, Valerie Puddicombe, Ann Huss, Sue Flsher, Miriam Levitan, Doreen Keir (Instructor), Ethel Taylor.

WEST END RHYTHMIC FITNESS CLASSES

under direction of
DOREEN KEIR
MONDAY thru THURSDAY — 9:30 a.m. to 10:15 a.m.
AGUDATH ISRAEL SYNAGOGUE

Jewish Community Centre Members FREE
\$22.00 each 5 Week Session — Continuous All Year
Chairman — Ethel Taylor 728-4802
Committee — Malca Polowin 224-7975, Mollie Goldie 828-6592
Classes started FEBRUARY 6 for 5 Weeks — Still time to join!
On February 14, Valentine's Day, we are having an exercise class with our husbands and boyfriends invited. Last week of each 5-week session is bring a guest week — all year!

Inspector Seguin from the Fire Prevention Department was guest speaker at the Monday, January 23 meeting of the Golden Age Club. This program was the first in the Senior Adult Interest Series. Inspector Seguin's program consisted of tips on fire safety, a discussion period and a film which was greatly appreciated by the members.

Mrs. Raiman, one of the

members contributed to the discussion by averting a fire within a light switch in the Assembly Hall.

interested in attending the lecture is welcome.

ARTS-N-CRAFTS

On Mondays from 12:30 to 1:30 p.m. members of the Golden Age will be able to participate in free style painting, clay work and needlecraft. Materials for the painting and clay work will be supplied. Members are asked to bring a smock or shirt to work in.

POLICE TO SPEAK

As part of the Senior Adult Interest Series, Sgt. Martel for the Ottawa Crime Prevention Department will be speaking to the Golden Age Club on Monday, February 20, at 1:30 p.m. Anyone

Adults Learn Languages

YIDDISH

The J.C.C. is beginning conversational Yiddish classes. Registration will take place on Wednesday, March 1, 7:00 p.m. At this time, discussion will take place as to which day of the week would be most suitable for participants.

Abraham Fox, a university graduate student, will instruct the

FRENCH

Yiddish classes.

The JCC invites people who are interested in learning conversational French or who already have a knowledge and want a refresher course to register on Monday, March 6, 7:00 p.m. at the Jewish Community Centre.

At this time, the teacher, Liza Zaslavsky, will evaluate each student's level of French. Later a

discussion will take place to establish on which day of the week Beginner and Intermediate classes will be held.

Fees for 15 language classes are:
Members.....\$45
Non-members.....\$55
Payments should be made at the time of registration. For further information, contact Judith Kizell, Adult Co-ordinator.



Jewish Community Centre Spotlights

Contra-Indicated Exercise: Toe Touches

In the toe touch exercise, the process of going down and up is controlled by spinal extensors. In other words, when you bend or stretch, your hamstrings have a tendency to tighten (stretch). Since the hamstrings are two joint muscles, they tend to lock the knees and prevent rotation of the pelvis. Therefore the lumbar — pelvic rhythm stops early in the bend, and strain may be put on the lower back where actual bending

takes place.

In returning from the bend, the heavy upper body must be levered up, and in doing so increased curve (hyper-extension) may occur. Bouncing types of activity may add insult to injury.

Alternate Exercise

There are many methods to stretch your hamstring without damaging your back. One method is:

—lie on your back — bend your knees — feet on the floor

—bend your knee to your chest — straighten the knee

—pull the toes toward the leg

—force the knee into fully straight position, stretching the muscle behind the thigh and knee. Hold this position.

—repeat 2 to 3 times, alternating legs.

Classes For Adults

Mondays and Wednesdays
7:00-8:30 p.m.
In-Between Hebrew

Tuesdays — 8:00 p.m.
Bridge

Tuesdays —
7:00-8:30 p.m.
Intermediate Hebrew

Thursdays
7:30-9:30 p.m.
Calligraphy

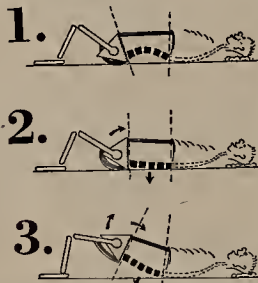
Jewish Men's Softball League
OPEN MEETING
FEBRUARY 19, 11:00 a.m.
Discuss Future Directions
of the League

HELP WANTED
Pool staff needed as instructors for summer Day Camp as well as life-guard's duties at the pool.
Minimum requirements —
Bronze. Phone Ron Boro,
Phys. Ed. Dir.

Sports Camp leaders needed.
Minimum requirements:
physical education or
recreation background and
training.
Call Ron Boro, Phys. Ed. Dir.

Bad Back Box

Health & Phys. Ed.
Department, J.C.C.



Exercise Number One

Freedom from back pain is closely related to the condition of sets of muscles in the pelvis area. These include the spinal extensors and gluteals at the back and the abdominals at the front. The extensors need to be loosened and stretched, the abdominals and gluteals to be tightened and strengthened; and the exercise illustrated above is excellent, in that it accomplishes both these aims.

It is the "pelvic tilt" in a lying-down position. In figure 1, note that the knees are bent, feet flat on the floor, and head slightly raised. The pelvis is rotated up toward the head, the stomach is tightened, the hips are lifted, and the back is pressed down into the floor.

If you are a beginner at this exercise, you should concentrate on moving slowly into position 2. The pelvis is tilted, the stomach contracted, and the back flat, but the hips remain on the floor. Hold this position for several seconds, gradually increasing the time as the muscles develop more strength.

Then gradually move toward the position shown in Figure 3, with the hips lifting. The abdominals must contract further, and the extensors are given a greater stretch.

This tilting of the pelvis and flattening of the back is an essential component of further exercises which will be shown in later issues. It is also the position you should try for when walking or jogging. It truly deserves being called "Exercise Number One".

Floor Hockey Report

By Allan Bronstein
JCC Floor Hockey Convenor

Since half the floor hockey season is over, I would like to take this opportunity to comment on how the league is doing. The senior league had been going very well until the skating season started. Due to the increasing numbers of JCC skiers, we have had tough competition; but we are making it through the winter.

At the end of the half season, the scoring leaders were Howie Burack, with 76 pts, and Allan Bronstein, with 66 pts. The Hawks were leading the pack with 14 pts, and Panthers followed close behind with 11 pts.

JUNIOR LEAGUE

The scoring leaders at the end of the half were L. Moskovic, with 80 pts.; E. Kimmel, with 64 pts.; L. Pollock, with 56 pts.; and D. Ross, with 55 pts. 60 boys are enrolled.

SPECIAL EVENTS

Before Christmas holidays, the junior league ran a father-and-son game. Many fathers and sons participated, and a good time was had by everyone.

This past Sunday, participants from the junior league went to Montreal to play the Davis "Y". Unfortunately, the "Y" didn't play ringette, but floor hockey (with plastic sticks); so, our guys lost.

Recently I have been trying to organize a father-and-son game for the senior league. Unfortunately, many fathers could not spare their time for their sons, or many sons thought that their fathers were too old to play floor hockey. I'm sorry for those fathers who did want to play, but maybe in the future we will be able to have a game.

Weight Control Corner

TUTTI-FRUTTI-SHERBET

(1 serving equals 1 fruit exchange)
1 med. banana, sliced
¾ cup buttermilk
½ cup orange juice
½ cup canned cherries, no sugar added

Combine banana, buttermilk and orange juice in blender container and process until smooth. Place cherries in ice cube tray with dividers removed; pour buttermilk mixture over cherries. Cover with foil or plastic wrap and freeze until slushy.

Chill medium mixed bowl and beaters. Spoon fruit and milk mixture into mixer bowl and beat until smooth. Return to tray; freeze until firm.

Makes 4 servings, about ½ cup each.

WEIGHT CONTROL CLASSES

What can one do about excess fat? Join the Weight Control classes at the Jewish Community Centre. They are held every

Tuesday and Thursday evenings from 7:45 to 9:00 and are free to Centre members. For non-members, there is a \$20 fee for 10 weeks. Registration being taken.

Tip of the Week: ARE YOU TOO FAT?

Doctors, using precision calipers, measure skin-fold thicknesses at four main sites — biceps, triceps, under the shoulder blade and at the waist. The amount of body fat related to the sum of these skin-folds is then read off tables.

This measurement technique is a medical refinement; it is possible to make a reasonably accurate estimate of one's own body fat by pinching at these points between finger and thumb. Any excess of fat will be immediately apparent as it can be felt above the muscle and between the two layers of skin.

Women should check the top of the thigh at the side as well.

Listen to the
**Jewish
Radio Program**
Station CJET-AM
630 on your Dial
3:30 - 4:00 Sundays

- * Current Events
- * Interviews
- * Jewish Music
- * Drama



Rabbi M. Berger, Host

Beth Shalom Synagogue **PURIM BALL** Saturday, March 25th

8:00 p.m.
BUFFET — ENTERTAINMENT — DANCING
Chairman
Mrs. Irving Aaron
Couvart \$12.50 per Person
Mrs. Kenneth Radnoff
Ticket Chairman 828-4638

The entire community is invited to attend
a concert featuring the
SHEMA KOLENU BAND
on
Saturday night, March 4th
at 8:30 p.m.
Congregation Machzikei Hadas
2310 Virginia Drive
Tickets: \$4.00 per Adult; \$2.50 per Student

TORONTO REAL ESTATE
For expert advice on buying in Toronto's
North Central Willowdale, and Thornhill
areas, call Jeff Wainberg at 416-226-4990
or 416-782-4564.

Ogden Real Estate Limited
Realtor



236-0581

LEADER IN
THE INDUSTRY
MONUMENTS
TODORO & BIGRAS Ltd.
J. H. Leclerc, Manager



Ottawa

Double Protection Guarantee

60 Main Street
at Hawthorne Avenue

The Ottawa Jewish Bulletin and Review is published by the Ottawa
Vaad Ha'Ir (Jewish Community Council of Ottawa), 151 Chapel
Street, Ottawa, Canada K1N 7Y2. David Loeb, Immediate Past
President; Gilbert Greenberg, President; Sol B. Shinder, Dr.
Baruch Dina, Vice-Presidents; Alfred Friedman, Treasurer;
Joseph Lief, Q.C., Honorary Secretary; Hy Hochberg, Executive
Vice-President; Nancy Zalman, Bulletin Co-ordinator.

Copy deadline is the Friday two weeks before publication.
Material submitted must be clearly typewritten and double
spaced. Advertising representative: Saul Viner, 234-2044, Business
Press.

Students to Lead Services

Students of the Talmud Torah
Afternoon School have been invited
to lead Shabbat services at
Agudath Israel Synagogue on
February 25.

This is the third year that such
an invitation has been extended.
The experience affords students
the opportunity to put into practice
those skills which they learn in
class as part of their Tefillah
programme, thus making the
curriculum more meaningful and
relevant.

Students in Grades two through
seven as well as former graduates
of the school will participate in all
phases of the service including the
Torah Reading. The Kiddush
following services will once again
be sponsored by the parents.

Foundation Donations

The Board of Directors of the
Ottawa Jewish Community
Endowment & Bequest Foundation
acknowledges with thanks the
receipt of contributions to the
following Funds, since publication
of the last list on February 3.

**ALEX BETCHERMAN
MEMORIAL FUND**
Mrs. Anne Altow; and Mr. and
Mrs. Charles Slipacoff.

**EDGAR MARKS
MEMORIAL FUND**
Naomi and Allan Crackower;
Mr. and Mrs. Jacie Horowitz,
Toronto; Mr. and Mrs. Sol
Shabinsky; and Mr. and Mrs.
Percy Weinstein.

Contributions may be sent to the
Foundation at 151 Chapel Street,
Ottawa, Ontario, K1N 7Y2. All are
income-tax exempt. Notifications
and acknowledgements are sent to
all concerned in the form of at-
tractive cards and letters.

School Books

The Hillel Academy P.T.A. is
collecting non-winning Wintario
tickets to help the school defray the
cost of books. Anyone interested in
contributing these lottery tickets
can do so by sending them to the
downtown school office at 453
Rideau Street, Ottawa K1N 5Z3.
This refund gimmick applies to
the purchase of Canadian-authored
books. Each ticket has a return
value of 50 cents.

Educational Program Enters Second Term

One of the newest educational
organizations in Ottawa, the
Association for Enrichment of
Jewish Culture and Heritage,
headed by Rabbi Mordecai Berger,
has just completed its first
semester of operation. Its program
includes two phases — one geared
towards children 3 to 12 and the
second towards high school and
university youth.

Under the directorship of Rabbi
David A. Hayes, the program has
experienced growth.

Thus far there are six grades
plus individual lesson groups. One
of the unique aspects of this
program is the small size of
classes. When a child cannot fit
into one of the available groups,
individual lessons are established.

Another component is the extra
curricular activities. Learning

Jewish heritage is not only a
classroom experience, the
Association feels; hence, regular
extra school activities for the
program's participants are held.

The subjects offered range from
beginners' Hebrew language to
Chumash, Customs, Mishna,
Jewish Tradition and holidays.
There are two hour and 15 minute
sessions held weekly.

The program is a co-operative
founded by a group of parents
from the Ottawa community and
is open to children not receiving
any Jewish education or wishing
to supplement their present
Jewish education. Registration
has begun for the second
semester, which commenced
February 13. For further in-
formation call, 722-5029.

O.M.J.S. Anniversary Tickets Now Available

Tickets for the Ottawa Modern
Jewish School Twenty-fifth
Anniversary Party can now be
purchased from the planning
committee. The cost is \$10.00 per
ticket and includes the admission,
refreshments catered by Jack
Smith, and music by the Lady Joan
Orchestra. The bar is on a cash
basis. A short program is being
planned, but the emphasis is on
talking, laughing and dancing with
old friends and new.

A letter is being sent to as many
past and present members as

possible, giving ticket purchase
information. Members and their
friends are all welcome. Capacity
of the hall will limit attendance, so
those planning to join the party are
urged to reserve well in advance.

Tickets can be reserved by
phoning committee members Kurt
Orlik at 233-6256, or Mottie Feld-
man at 224-6879, or purchased by
forwarding a cheque to the OMJS
Twenty-fifth Anniversary Com-
mittee, 270 McLaren St., Suite 21,
Ottawa K2P 0M3.

C.I.C.F. Concert Feb. 26

The Canada-Israel Cultural
Foundation invites its members
and friends to attend THE MUSIC
OF ISRAEL, a Concert and Film
Presentation featuring:
Cellist: Nina Alexandor
Trombonist: Douglas Burden
Pianists: Angela Hewitt, Joan
Milliken, Evelyn Greenberg
They will be playing works by
Haim Alexander, Zvi Nagan, and
Ze'ev Steinberg.
This event will take place at the
University of Ottawa's Depart-

ment of Music at 1 Stewart Street
on Sunday, February 26th, at 8:00
P.M.

In addition to the concert per-
formances, the award-winning
film, "THE ORCHESTRA" will
also be shown. This film depicts the
formation of the Beersheba
Orchestra, made up entirely of
Russian immigrants to Israel.

CICF Membership may be ob-
tained from Myrna Barwin at 828-
9225.



Machzikei Hadas Synagogue Board 1947-48

Front row, left to right: A. Goren, M. Bordelay, A. Appotive, B. Greenberg, A. Fireman, H. Genscher, H.
Weiner, J. Morris, M. Greenberg, L. Goren, I. Zunder. Second row, left to right: A. Kevanstein, O.
Petigorsky, I. Weiner, H. Sidnik, H. Pleet, S. Sasiove, Rev. N. Borenstein, Rev. S. Zuckerman, E. Weiner, B.
Taller. Third row, left to right: M. Nadolny, G. Applebaum, B. Applebaum, I. Nadler, M. Pleet, J. Beckman,
L. Snyder, I. Finkelstein, T. Bordelay, A. Wiseman, M. Shulman. Top row, left to right: J. Butovsky, Mrs. S.
Zuckerman, Mrs. B. Polowin, B. Polowin, Mrs. H. Pleet, Mrs. J. Butovsky, Mrs. S. Eisenberg, Mrs. B. Taller,
S. Tanner. Courtesy Ottawa Jewish Historical Society.

Services for Jewish Elderly

Volunteers Needed

SOMEONE who will visit library with or bring Yiddish library books to a woman living in the downtown area.

ENGLISH speaking elderly gentleman who is interested in sports to visit with elderly man in west end. Transportation available.

TRANSPORTATION home from Golden Age Club for woman in downtown area — Mondays.

A SENSITIVE VISITOR for middle aged woman in nursing home in west end.

YIDDISH speaking visitor for elderly man in nursing home in east end.

WOMAN FRIEND for French-speaking (some English too) widow who has recently moved to Ottawa.

INTELLIGENT person with medical background to visit and "talk shop" with retired woman doctor from Europe.

SOMEONE who has been in military service to visit intelligent, knowledgeable man who is, for the most part, confined to his west end apartment.

BRIDGE partners wanted for woman who is mainly confined to her home in Alta Vista.

TRANSPORTATION to Golden Age Club for woman living in Meadowlands Drive area — Mondays.

DRIVE to and/or from Island Park Drive area for person visiting St. Vincent's Hospital.

SOMEONE to teach kosher cooking to widower in downtown area.

FOR FURTHER INFORMATION, PHONE 232-7306, EXTENSION 37.

Most Critical Problem of J.I.R.S. Is Ottawa's Jewish Unemployed

The Jewish Information and Referral Service has been operational for five months now in its office at the Jewish Community Centre. Some tentative, meaningful statistics, compiled by Co-ordinator Elaine Rabin, are beginning to emerge.

On an average, the J.I.R.S. handles 80-105 calls per month, or roughly 30 to 40 new callers. By way of illustration for December, the calls fell into these categories: employment 16; accommodation

19; information 22; volunteers 12; counselling 17; professional inter-agency referrals 11; home help 7.

Concerning accommodation for example, ten calls requested shelter, representing five individuals. Of these, three have been placed and two are pending.

The J.I.R.S. has on file 25 women who have indicated interest in volunteering to man the service. Only four of these have become "regulars." In other words, there is a constant need of new volunteer staff to ensure continuous service, volunteers who are reliable and have compassion, common sense and discretion. Anyone who might wish to be of service is asked to call 232-3775 for an interview.

The Vaad Ha'Ir purchased an ansaphone for J.I.R.S. and it has been invaluable in picking up referrals. However, there is still more "reaching out" to be done as we enter the new year.

Permanent and critical amongst the calls received are those from unemployed and underemployed Jewish people within the Ottawa Community. As in the past J.I.R.S. continues to make the plea that employers recognize their responsibilities in this area and list vacancies with the J.I.R.S. as well as with Manpower.

The Service has attempted to reach the community mainly through the Ottawa Jewish Bulletin. In addition, other Jewish agencies, such as Hebrew Benevolent, JIAS, Hillel Lodge and the Nearly New Shop have co-operated fully with us.

Generally speaking, the office is open from 9:30 a.m. until 3:30 p.m. daily.

Zionist Parade

On May 7, Israeli Prime Minister Menachem Begin will attend this year's fourteenth annual Salute to Israel Parade in New York. A spokesman of the American Zionist Youth Foundation, which sponsors the Parade, noted that this is the first time an Israeli Prime Minister in office has attended the Parade.

SOUVENIR PHOTOS



Jerusalem Post reprint

Kashrut Group

A Religious Consumer's Organization recently formed in Israel claims over 1,000 members. It protects the interests of well over half the country's Jewish families who observe the dietary laws, at least at home.

An even higher percentage buy only kosher meat, even if they do not maintain separate meat and dietary dishes.

All food products, the leaders contend, should carry one of the following labels: ordinary kosher, strictly kosher, ultra-strictly kosher or non-kosher.

Rosens Lead 'Marriage Encounter' March 25

The next Ottawa Jewish Marriage Encounter weekend will be held at the Embassy West Hotel, March 25, 26 and 27.

Rabbi Ben and Betty Rosen of New York State will lead the sessions. They have guided many Marriage Encounter weekends in New York in the past and have contributed to the growth and fulfillment of hundreds of marriages.

Marriage Encounter has been active in this area for the past three years, after being introduced to Ottawa by Rabbi Roy and Loretta Tanenbaum. Naomi and Gerry Kendall, the present Ottawa co-ordinators, are interviewed below.

Question: What exactly is a Marriage Encounter weekend?

Naomi: It's a 44 hour intensive program during which a couple learns a unique method of communication.

Question: What format does the weekend take?

Gerry: Between Saturday evening and Monday afternoon, three couples and the Rosens will give a series of twelve presentations designed to teach a technique of communication that will greatly enhance a couple's awareness and understanding of each other. Between presentations the couples, in complete privacy, practice the technique learned during the presentations. There is no group interaction.

Question: Is Marriage Encounter designed for everyone?

Gerry: The weekend is designed for couples with essentially good marriages who want to deepen good communication, improve poor communication, or begin where there is no communication. It's designed for couples of all ages, regardless of the length of time they've been married.

Questions: Why the Rabbi? Is it a religious weekend?

Gerry: The weekend is conducted within a Jewish framework but it is not a religious weekend.

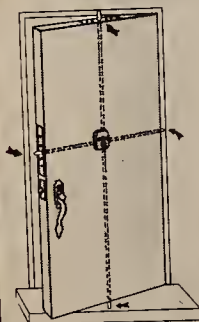
Question: How much work is involved?

Naomi: That's up to the couple. Of course, what you derive from the weekend depends on what you put into it. The more work you're willing to do, the more you'll come away with in the end.

Question: What does a weekend cost?

Gerry: That too, is up to the couple. Initially, a ten dollar, non-returnable registration fee is required to reserve your room. You're given the opportunity on the weekend, to make an anonymous donation, but no one is ever turned away due to lack of funds.

For information or enrolment call the Kendalls at 824-7755.

PUBLIC NOTICE

OTTAWA LOCK & KEY SERVICE

IS PLEASED TO ANNOUNCE THE ACQUISITION OF

BOLTEX LTD.

EXCLUSIVE DISTRIBUTORS FOR

MUL-T-BOLT (TM)
MADE IN ISRAEL

THE ORIGINAL 4-WAY DEADLOCKING SYSTEMS
SEE THE "BURGLAR STOPPERS"

77 MONTREAL RD., VANIER
745-6081

CAMP MASSAD

מחנה מסד

IS THE ONLY HEBREW SPEAKING CAMP IN THE LAURENTIANS
CO-ED 6-16 OUR 32ND YEAR!

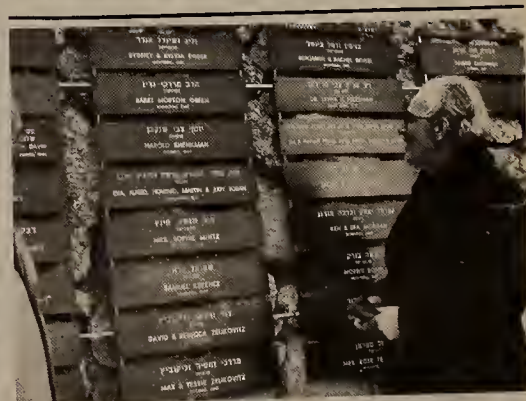
We Offer:

- 6 Week Session July 3rd to August 16th where the Hebrew Language is lived daily
- A Full Program of Land & Water Sports
- Music • Dancing • Drama • Arts & Crafts
- Pioneer Program for 14 & 15 Yr. Olds
- Counsellor Aid Program for 16 Yr. Olds.

Accredited by Canadian & Quebec Camping Association, Red Cross Water Safety Program, American Water Ski Association.

For further information call or write:
1310 GREENE AVE., SUITE 906
WESTMOUNT, QUEBEC H3Z 2B2
(514) 931-7722

RABBI AVROM NEUMARK, Director

**Dedicates J.N.F. Projects in Israel**

Harold Shenkman is shown dedicating the Forester Project he established in Canada park. On the same visit to Israel, he dedicated the Rebuilders of Jerusalem Project made possible by the results of the Ottawa Negev Dinner held in his honour on November 15, 1977.

Views on Assimilation Wanted

Last issue Rabbi Reuven Bulka brought the Bulletin's readers attention to a recent American study on assimilation which states that by the year 2076, the decline in American Jewry would match the Holocaust figure of 6,000,000. In Canada, the population decrease will probably follow similar trends.

Your editors wish to explore this problem, as it relates to the Ottawa Jewish community. A selection of letters will be published.

Here's What's Happening...

Saturday, February 18
Israeli Cafe and Disco, 9:00 p.m., J.C.C.
Stagger Inn Coffee House, 8:30 p.m., backgammon also.
Dance workshop with Moshiko, begins 7:00-9:00 p.m.

Monday, February 20
Golden Age Group, 1:30 - 3:00 p.m., J.C.C., Police Sgt. Martel, speaker on crime prevention. Open to the community.
Camp B'nai B'rith Board Meeting, 8:00 p.m., J.C.C.

Tuesday, February 21
1978 United Jewish Appeal Women's Division Campaign Leadership Practicum, 9:00 a.m., J.C.C.

Wednesday, February 22
Agudath Israel Congregation Sisterhood Meeting, 1:00 p.m., Agudath Israel Congregation
Ottawa Vaad Ha'Ir, Board of Trustees Meeting, 7:30 p.m., J.C.C.

Thursday, February 23
Rideau View Golf Club Meeting, 8:00 p.m., J.C.C.
Saturday, February 25
BBYO Casino Night, 8:00 p.m., J.C.C.

Sunday, February 26
B'nai B'rith Women's Chapter No. 421, Annual Brunch, 11:00 a.m., 200 Rideau Terrace, featuring: National Council of Jewish Women in a play "Who's Counting".
Canada Israel Cultural Foundation, concert of Israeli Music, 8:00 p.m., Ottawa University, 1 Stewart Street.

Monday, February 27
Golden Age Group, 1:30 p.m., J.C.C.

Tuesday, February 28
B'nai B'rith Women's Parliament Chapter No. 1041, Meeting, 8:00 p.m.

Friday, March 3
NCSY Shabbaton Weekend for Teens begins at Machzikei Hadas Shul.
Saturday, March 4
Shema Kolenu Band concert, 8:30 p.m., Congregation Machzikei Hadas
Teen Theatre Night — Feature Movie: "Frankenstein Meets the Wolfman"

Sunday, March 5
B'nai Brith Ottawa Lodge No. 885, Breakfast, 9:30 a.m., J.C.C.
Congregation Beth Shalom, Breakfast, 9:30 a.m., J.C.C.

Items for "Here's What's Happening" may be phoned in to Gert Greenberg at 232-7306.

TV — Radio Highlights

SUNDAYS — 1:30-2:00. Channel 13 TV. Rabbi R. Bulka is host on "Quest".

SUNDAYS — 3:30-4:00. CJET-AM Radio 630. Rabbi M. Berger is host on the "Jewish Radio Program."

TUES. FEB. 21 — 9:00 p.m. Channel 12 TV. East end only.

"Shalom Ottawa." Medical panel on Jewish diseases.

WED. FEB. 22 — 8:04 p.m. CBO-FM Radio 103.3. Seventh in the CBC Toronto "Ideas" series on Judaism. Phillip Fleishman and Carl Schuessler interview Jews, their friends and enemies on "This Year in Jerusalem." Contemporary life in a state of huge contradictions.

SUN. FEB. 26 — 5:00 Channel 12 TV. "Shalom Ottawa". Medical panel on Jewish diseases.

TUES. FEB. 28 — 9:00 p.m. Channel 18 TV. "Jerusalem Peace," an allegory of the Middle East.

WED. MAR. 1 — 8:04 p.m. CBO-FM Radio 103.3. "Ideas" series continues with "Outsiders Looking In." Israel's neighbours' views on how peace might be achieved. Also, the diaspora relationship with Israel.

Classified

Work Wanted

LEGAL SECRETARY, experienced in litigation. Good shorthand and typing. Full or part time, 232-3775 (Jewish Information and Referral Service).

BOOKKEEPER, Girl-Friday, seeks 9-4 job Tuesday to Friday. 836-5787.

Alterations
Reasonable Prices
Voli Feldman
292 Laurier Avenue East
236-2432

Help Wanted

COMPANION wanted for married Jewish woman in 70's. Hours 12:00-5:00. Salary negotiable. Call J.I.R.S. 232-3775.

WOMAN to do light housework and prepare meals for female senior citizen in Ottawa South area. Half days. 232-7306, Extension 37.

COMPANION HOUSEKEEPER. Room, board and some remuneration. For woman in downtown area. Will not be tied down days. 232-7306, Services for Jewish Elderly.

EXPERIENCED BOOKKEEPER — Full or part time. Good Salary.
Mrs. Finn, 232-3501
CONGREGATION BETH SHALOM
151 Chapel St.

Rooms to Let

ROOM AVAILABLE. Kosher home. Centre town. For female student or older Jewish woman. 232-7306, Extension 37.

Accommodation Wanted

ACCOMMODATION required for active female senior citizen. Will share kitchen or separate apartment with cooking facilities. Centre town near shopping and bus. 232-3775.

ROOMS TO RENT needed for Jewish Information Service clients. All areas of city. 232-3775.

GARY E. BONN, M.D.
is pleased to announce the opening
his practice of
PEDIATRIC OPHTHALMOLOGY

IN ASSOCIATION WITH
DR. JOHN D. VALBERG

THE KENT PROFESSIONAL BUILDING
381 KENT STREET, SUITE 202
OTTAWA, ONTARIO K2P 2A8

(613) 236-1363
235-1649

Used Furniture Needed

Good used furniture and other household items for newly arrived immigrants is requested by J.I.A.S.
To arrange for pick-up, phone Gittel Tatz — 232-7306.

Guests at Siddurim

The Shalom Welcome Service is looking for people who are willing to provide home hospitality for the Passover Siddurim for Newcomers to Ottawa.

If you have room at your Seder table, please call Susannah Dalfen — 725-1662 or Gittel Tatz — 232-7306.

Condolences Rabbi's Wife Leads Class

The entire community extends condolences to the families of the late

Dr. Hugo Fischer
Ernest Glitterman
Mrs. Anne Torontow
who have passed away since February 3.
May their memory be a blessing.

In The News...

Congratulations and best wishes are extended to:

Dr. George Fleischmann, on his appointment as an Assistant Deputy Minister at Agriculture Canada, responsible for a new Planning and Evaluation Branch. He formerly administered the Temporary Assignment Pool at Treasury Board.

A small discussion-type class is being formed, to be taught by Loretta Tanenbaum in her home. The class will meet once a week in the mornings for six consecutive weeks, and will be run on a private basis.

Discussion will deal with topics of Jewish interest designed to fill gaps in the class members' backgrounds, and will cover a broad range of historical and practical areas: how the ancient Temple functioned and how modern practice, in both the home and synagogue, is related to it; what was the Golden Age of Spain; background of early Zionism.

If interested call Mrs. Tanenbaum at 728-1843 for more information.

OTTAWA'S FULL SERVICE CAR WASH

MINUTE CAR WASH

SERVICENTRE

270 Catherine St.
236-7328

YOUR NEEDS:

A
FULL SERVICE
TRAVEL AGENCY
WITH
FRIENDLY,
PROMPT,
AND
COURTEOUS SERVICE

A
TRAVEL AGENCY
WITH
KNOW-HOW.



200A SPARKS ST.
OTTAWA
237-4720



THE OTTAWA JOURNAL

"IT'S CLOSER TO YOU"

**WANT ADS
HOME DELIVERY**

**563-3711
563-3811**

Rinaldo

HAIR STYLISTS
Imported Fashions From Paris & Rome
Extensive Selection of Perfumes
Costume Jewellery
Facials - Manicures - Pedicures
Separate Room for Men's Hairstyling



STUDIO 2
HAIR STYLISTS
FOR MEN & WOMEN

Telephone: 523-1295

1-(613) 232-2471
320 QUEEN ST.
OTTAWA, ONTARIO, K1R 5A3

In the Ottawa Athletic Club
2525 Lancaster Road
Ottawa, Ontario K1B 4L5

First Class Mail